

Stamford Senior Center
888 Washington Blvd.
Stamford, CT 06901

FOR IMMEDIATE RELEASE

The Stamford Senior Center (SSC) will temporarily suspend programs due to Coronavirus

STAMFORD, CT (March 10, 2020) The Stamford Senior Center, out of an abundance of caution, will temporarily suspend all programs and activities effective March 12, 2020. No cases of COVID-19 have been reported at the Senior Center, nor is there an outbreak in the City of Stamford at this time. However, the Center's members, given their age, are among those individuals identified by The Center for Disease Control (CDC) and others agencies as being at the highest risk from this virus. The CDC advises that older adults over 60, and those with underlying health issues such as heart disease, lung disease, diabetes or compromised immune systems, should avoid being around others who are sick, avoid crowds as much as possible and, should there be an outbreak in the community, stay home as much as possible to further reduce the risk of exposure.

Says Christina Crain, Executive Director of the Stamford Senior Center: "The safety and well - being of our members is our #1 priority. While we recognize that many of the seniors we serve count on the Senior Center for vital socialization, exercise, and a nutritious affordable meal, we are following the guidelines of the CDC, World Health Organization and the Governor's Office. We believe it prudent to close at this time to avoid any possible exposure at the Center to any of our members and staff."

The senior nutrition meal program which provides subsidized meals for seniors 60 years or older will remain open at the Government Center between 11 am and 2 pm, Mondays through Fridays.

The Center suggests that seniors make the following preparations in case there is a community outbreak in the City of Stamford requiring seniors to remain at home:

- Have some shelf ready non- perishable foods in your house in case you can't get to the supermarket for a couple of weeks (canned soups, crackers, pasta, peanut butter and jelly)
- Make sure your prescriptions are filled and you have over the counter medications you need.
- Stay in touch with others by phone or email in case you need to ask for help from friends, family, neighbors if you become sick
- If you have a paid caregiver, determine a back -up plan - is there someone else that can help you if your caregiver gets sick or cannot get to your home?

The staff and Board of Directors of the Stamford Senior Center are monitoring the situation closely and will resume programs as soon as possible, taking guidance and recommendations from the CDC and our City and state leaders. Senior Center members can contact the Senior Center at 203-977-5151 for any additional information or if they have questions or need assistance.

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